

MEMORY AND CONCENTRATION

Students learn tips and techniques for improving memory and concentration

Zone In

One Minute Review

1. Ask for volunteer Reviewer to review CD, TV show, book, movie, etc.
2. Give 2 minutes to think.
3. Give 1 minute to present: facts (who, what), opinions, recommendations.
4. Ask if others know the thing reviewed. Do they agree/disagree? Want to follow the recommendation?

Topic

Improving memory and concentration

(Materials: **Dan's School Bag** ◇◇◇)

Introduction

Does anyone have techniques for remembering information and concentrating when studying or listening? What are they and how do they work?

Explain: People use many ways to remember information.

Repeat it, repeat it, repeat it. Read, write, and speak the information. Repeat these steps until you know the information.

Picture it. Create a mind image (or draw one) of the information you want to remember. Focus on the image and talk about the information that is in it. Think about the picture when you need the information.

Rhyme it. Create a poem about the information using words that rhyme with the information you want to remember.

Make a "word" of it. Acronyms are words that are made from the initials of other words. Try making up a word that will help you remember the information.

Common acronyms: ASAP = As soon as possible; SARS = Severe Acute Respiratory Syndrome; AIDS = Acquired Immune Deficiency Syndrome; NASA = National Air and Space Administration.

Ask: Does anyone know other acronyms?

Activity

Distribute **Dan's School Bag** ◇◇◇.

Give students 2 minutes to study the handout.

At the end of 2 minutes, ask them to turn over the handout and call out what they remember of what was in the book bag. (Refer to the handout for answers.)

Wrap Up

How can you remember the information in this Clinic? Can anyone come up with an acronym for remembering?



This is Dan's school bag. Look at it for two minutes.
See if you can remember what's in the bag.

